SYLLABUS

1. Course title:

Outdoor activities I

2. Code:

(max. 20 characters)

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

Subject completed with min.25% points of exam prerequisites

7. Class restrictions:

Students of first cycle of study of Faculty of Physical Education and Sports

8. Duration / semester:

15 4

9. Weekly contact hours:

9.1. Lectures: 3

9.2. Seminars:

9.3. Laboratory/Practice classes: 2

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Physical Education and Sports

12. Lecturer:

Associate professor Edin Mujanović, Ph.D.

13. Lecturer's e-mail:

edin.mujanovic@untz.ba

14. Web site:

www.ftos.untz.ba

15. Course aims:

The objectives of the subject are enabling of students, for knowledge and understanding of the :To independently and creatively organize and teach in nature in the teaching process, extracurricular process, school competitions and recreational activities; as well as getting to know the kinesiological activities, their importance in the biological, social and emotional life of man in contemporary society.

16. Learning outcomes:

At the end of the semester students will be able to: To use theoretical knowledge and the motor skills and knowledge needed in the realization of program content of teaching in nature in the educational process at all levels and in dealing with people of different ages in sports recreation and sports; categorize and demonstrate, to adapt, to explain, to give an example, compare, spot the errors in performance; creatively solve problems of teaching subjects individually and as a team, and present the same in written or verbal form, all to highlight the importance of the subject in solving of problems in practice.

17. Course content:

During the theoretical part in the subject students get information about active stay in nature as a kinesiological activity through learning and acquiring knowledge about: Place and role, organizational and program structure of activities in nature in the system of physical education; forms of stay and activities (On water and in the mountains) in the natural surroundings (morning gymnastics, elementary games, windsurfing, paddling, water polo, water jumping, swimming, diving and a number of other activities on the land) ; Planning leisure activities; hazards in nature and measures of prevention and security and rescue the injured.
During the practical part of teaching in a natural environment (coastal camping) students receive theoretical-practical and practical information on: Organizing and conducting morning and day activities both on water and on land; Organizing and conducting a cultural and entertaining program.

18. Learning methods:

In order to effectively teaching and to achieve the expected goals of the subject and competences of students, are planned activity for successful learning:actual experience, observation and active experimentation.Learning styles in teaching: visual, auditory, kinesthetic. Teaching methods: lectures (theoretical teaching with the use of multimedia resources, active learning techniques and discussions), field work (exercise).

19. Assessment methods:

The assessment of students starting from lectures (max.15 points) and exercises (max.15 points), as well as testing at colloquia (max.20 credits), which means starting from the beginning of the semester. Students are required to acquire min.50%, which is 25 points, the total pre-exam requirements, in order to validate the subject and become eligible for taking the final exam. The total score is obtained by summing up the maximum possible number of points from all activities during the semester. Through continuous activity of pre-exam obligations throughout the semester, students can achieve 50 points (15 + 15 + 20), which is 50% of the total exam, while the remaining 50% is on the final exam. Assessment of knowledge, on the final exam is done practically, in writing and / or verbally explaining the acquired knowledge. The student should perform the default elements of the performed techniques that will be previously presented by the teacher and will be scored for each derived technique element, and get the final sum of points for the practical part of the exam. The maximum number of points on the practical part of the exam is 20 points and the minimum is 10 points, all below the minimum number would mean that the student did not pass the exam. Written verification is done by completing the test prepared by the subject teacher, where the maximum number of points is 30. The minimum number of points scored is 15 and all below the minimum number would mean that the student did not pass the exam. The assessment of the exam is based on the total number of points the student has obtained by fulfilling the pre-requisites and passing the examination according to the quality of the acquired knowledge and skills, contains a maximum of 100 points and is determined according to the following scale:

STUDENT OBLIGATIONS	POINTS
presence at lectures and exercises	15+15
colloquia (two colloquia)	10+10
Final exam (practical + theoretical)	20+30

20. Assessment components:

The final grade is formed in relation to the total number of points achieved during the semester, ie the pre-requisites and the final exam itself.

POINTS	FINAL SCORE
<53	five (5); does not satisfy; F
54-63	six (6); sufficient; E
64-73	seven (7); good; D
74-83	eight (8); very good; C
84-93	nine (9); outstanding; B
94-100	ten (10); excellent; A

21. Required reading list:

1. Smerke, Z. (1989).Planinarstvo i alpinizam. Zagreb: Planinarski Savez Hrvatske.
2. Mujanović, E. (2008). Aktivnosti u prirodi. Tuzla: Print Com.
3. Dolić, M., Lovrić-Maras, V. (2002). Tjelesne aktivnosti u prirodi; Rijeka:Medicinska škola

22. Web sources:

(max. 687 characters)

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

(max. 10 char.)